

**ROGERS COMMUNITY-SCHOOL RECREATION ASSOCIATION
MIDDLE SCHOOL DIVISION
VARSITY LEAGUE**

NFHS RULES WILL BE FOLLOWED, EXCEPT WHERE AMENDED BY THE FOLLOWING:

1. Games will consist of four ten minute quarters. A team must have a minimum of four players present in order to begin the game. In the event a team has fewer than four players at scheduled game time, a five-minute grace period will be granted to allow for late arrivals. The clock will run continuously except during timeouts and during the last minute of each half. Half time will be five minutes. Each team is allowed two timeouts per half. Timeouts not used in the first half do not carry over into the second half.
2. Free throw distance will be fifteen feet. Basket height will be ten feet.
3. Every player must play at least 10 minutes of the game. An official time-out will be called at APPROXIMATELY the 5 minute mark for each quarter of play. At that time, coaches may substitute players into the game. Substitutes need to be at the scorers table in advance to check-in to the game. Minimum Playing Time Exceptions:
 - a. Injury
 - b. Player disqualification (foul out)
 - c. Disciplinary action (A player may be held out for disciplinary reasons only with prior approval of the league director.)
4. **Coaches are required to fill out a line up sheet prior to each game, and turn a copy into the scorekeeper. This card must indicate the mandatory playing time for each player. Any extra quarters should be left blank, so that coaches may assign them at their discretion. No changes may be made after the game starts, except in case of late arrival, foul out, or injury.**
5. DEFENSE: Any defense is allowed. Man to man is recommended, but not required. Full-court press is allowed the entire game unless your team is ahead by 20 points or more.
6. The league provides uniform shirts. No other uniform shirt is acceptable in league games. An exception will be made for lost shirts. In order to avoid unnecessary expense to the players, coaches must avoid requiring, or even suggesting, that players purchase matching socks, shorts, or shoes.
7. **Only rostered players and coaches may sit on the bench side of the court. All others must sit on the opposite side of the court, space allowing.**
8. **Coaches are the only ones on the court that can talk to the officiating staff. This includes officials and scorekeepers. Violation of this rule will result in expulsion.**
9. If schools are closed due to bad weather, all practices are cancelled. For information on game cancellations, call 631-0336, and press "1" when the recording begins.